WHAT IS CLAIMED IS:

- A medium and low frequency electro-stimulated massaging bra comprising:
 - a bra;

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- a plurality of conductive plates attached on an inner side of said bra and in directly contact with a human chest when said bra is put on;
 - a plurality of conductive buttons clustered on a predetermined location of said bra;
- a plurality of conductive strips, each having a first end connected to one of said conductive plates and a second end connected to one of said conductive buttons; and an electro-stimulating controller having a corresponding set of conductive buttons for coupling with said conductive buttons of said bra, said electro-stimulating controller charging said conductive plates to produce an effect of
 - 2. The medium and low frequency electro-stimulated massaging bra of Claim 1, wherein said conductive strips and said conductive plates are sewn on the bra; said conductive strips are embedded in an inner layer of said bra and said conductive plates are uncovered so as to provide direct contact with a human body.

medium and low frequency electro-stimulated massage.

The medium and low frequency electro-stimulated massaging
bra of Claim 1, wherein said electro-stimulating controller is provided with a central integrated circuit (IC) and a

charging/discharging circuit; said IC is used for transporting a pulsed-wave signal to control the charging/discharging of a group of capacitors and inductors on said circuit; said IC further adjusts the bandwidth of said pulsed-wave signal so as to generate high voltages for providing medium and low frequency electro-stimulated massaging effects of various strengths.

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- 4. The medium and low frequency electro-stimulated massaging bra of Claim 3, wherein said bandwidth of said pulsed-wave signal is selected in a range from 1Hz to 150Hz.
- 5. The medium and low frequency electro-stimulated massaging bra of Claim 1, wherein said pulsed high voltage generated by said electro-stimulating controller is connected to a plurality of conductive buttons thereon; said conductive buttons of said electro-stimulating controller then form an output terminal.
- 6. The medium and low frequency electro-stimulated massaging bra of Claim 1, wherein a stepping switch is installed on a lateral side of said electro-stimulating controller for selecting a charging region.
- 7. The medium and low frequency electro-stimulated massaging bra of Claim 1, wherein two control buttons for adjusting electro-stimulation strength are each installed on a lateral extended portion of said bra; said control buttons are connected with said conductive strips that lead to said clustered conductive buttons on which said electro-stimulating controller is mounted.
 - 8. The medium and low frequency electro-stimulated massaging

bra of Claim 1, wherein said conductive buttons said conductive strips are connected with each consist of a female piece and a male piece; said female piece and said male piece are rivet-connected between an outer and an inner cloth layers of said bra.

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- 9. The medium and low frequency electro-stimulated massaging bra of Claim 1, wherein a pocket is formed on said bra between each of said conductive plates and a corresponding bra outer layer for embedding a cushion piece therein.
- 10. The medium and low frequency electro-stimulated massaging bra of Claim 1, wherein said second end of each of said conductive strips is connected with more than one conductive plates.
- 11. A medium and low frequency electro-stimulated massagingbra comprising:

at least one conductive plate having a plurality of conductive buttons; and

an electro-stimulating controller capable of being connected with said conductive plate by buckling up a corresponding set of conductive buttons with said conductive buttons of said conductive plate;

said conductive plates being combined with said electro-stimulating controller and inserted into an ordinary bra.

25 12. The medium and low frequency electro-stimulated massaging bra of Claim 1, wherein said conductive strips are made of electrically conductive cloth.

- 13. The medium and low frequency electro-stimulated massaging bra of Claim 11, wherein said conductive strips are made of electrically conductive cloth.
- bra of Claim 1, wherein said electro-stimulating controller is placed outside said bra and connected by a wire to said conductive buttons of said bra; said wire has two connecting terminals respectively connected with said conductive buttons of said bra and said conductive buttons of said electro-stimulating controller.